

Facets

November 2011

A woman with short brown hair, wearing a blue patterned jacket over a white shirt, is sitting in a wooden chair, looking down at an open book she is holding. She is positioned in front of a large tree with white blossoms. The background shows a residential area with houses and greenery.

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blessings

Write your way to
a happier life with
a gratitude journal

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Facets

Facet - n. 1. One of the flat surfaces cut on a gemstone.
2. The particular angle from which something is considered.

FEATURES

**6 COVER STORY**

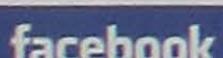
Count your blessings. Write your way to a happier life with a gratitude journal.

10 WHO ARE YOU THANKFUL FOR?

Three women share why they are grateful for other women.

**ON THE COVER**

Deb Linderblood reads to herself from her gratitude journal at her home in Boone.
By Amy Vinchattle/Facets

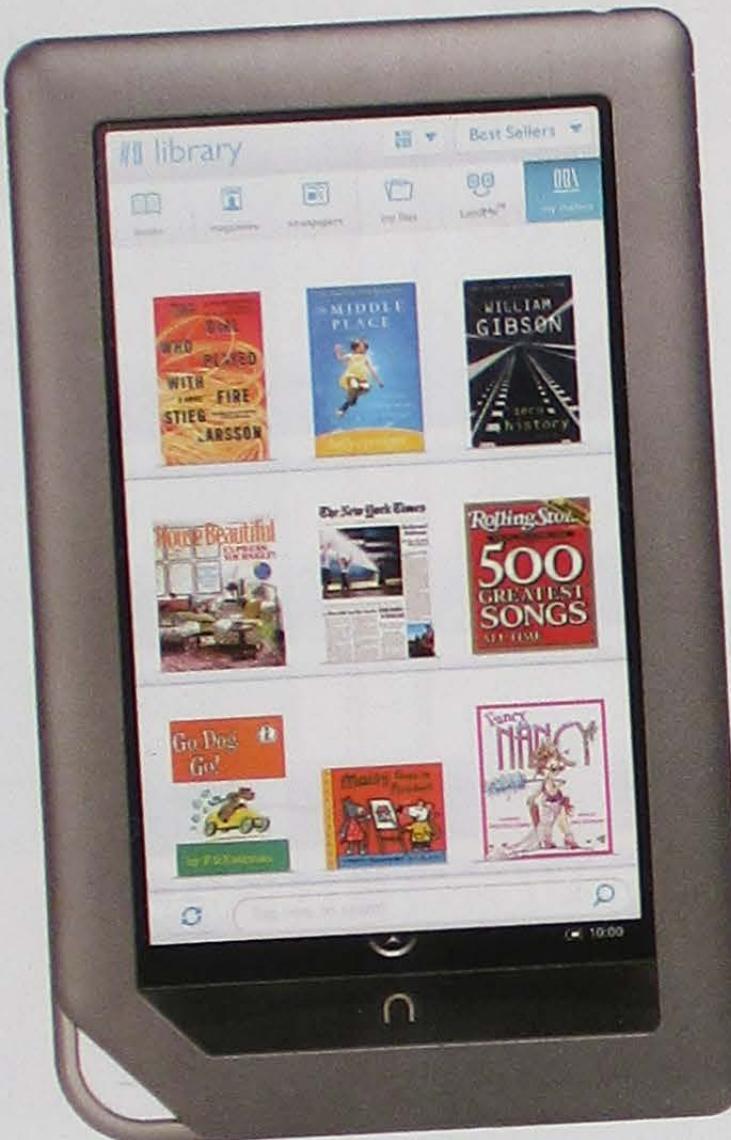
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DEPARTMENTS

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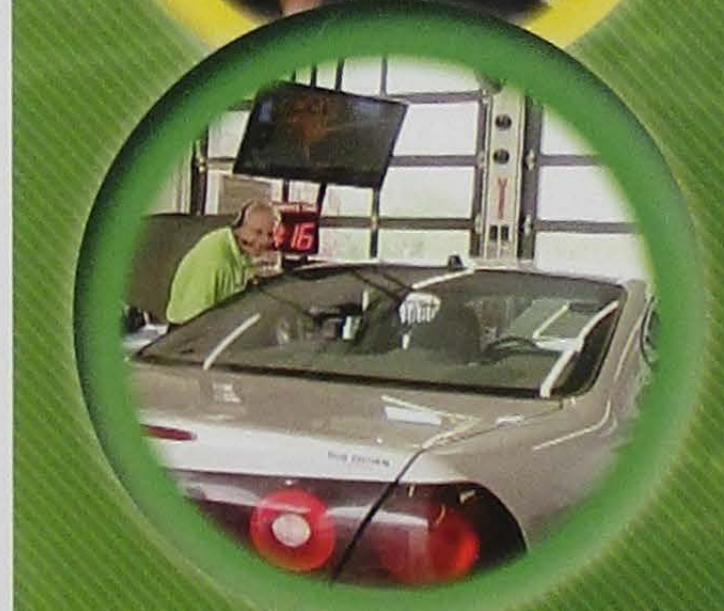
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Looking on the bright side

After a bad day at work recently, I knocked over the framed photo of our family dog on my dresser when I tossed some dirty clothes. I stopped and looked at the photo of the smiling terrier-blue heeler mixed breed with a blue doggie football tucked between her spotted paws, and I smiled back.

My two younger sisters and I saved our money for about a year to buy Kibbles from the Dubuque Humane Society when I was in the eighth grade. She was part of our family for 15 years.

When we had Kibbles for about two years, my parents got divorced and we had to move from our home. My mom made sure the new place we lived would allow Kibbles, because she knew her daughters could



JENNIFER MEYER

"Thanksgiving is my favorite holiday because it is simply about being with the people you love."

not take losing any more.

We called Kibbles our "sister dog," and she helped us through a difficult time.

Almost 17 years have passed since the divorce, and I don't see it as a loss anymore.

I have gained a stepmother and stepfather who love me like their own daughter. There are times they have each been there for me in ways my parents could not, but they never tried to take my parents' place.

Everyone is born to two parents, but not everyone is fortunate enough to have them in their lives. I have four wonderful parents, and that is my gain.

I want to share a special thanks with Deb Linderblood, who tells in this issue of Facets about how the loss of her hus-

band led her to start a "Blessings Journal," for helping remind me to find the positive in life. Sometimes it takes some effort.

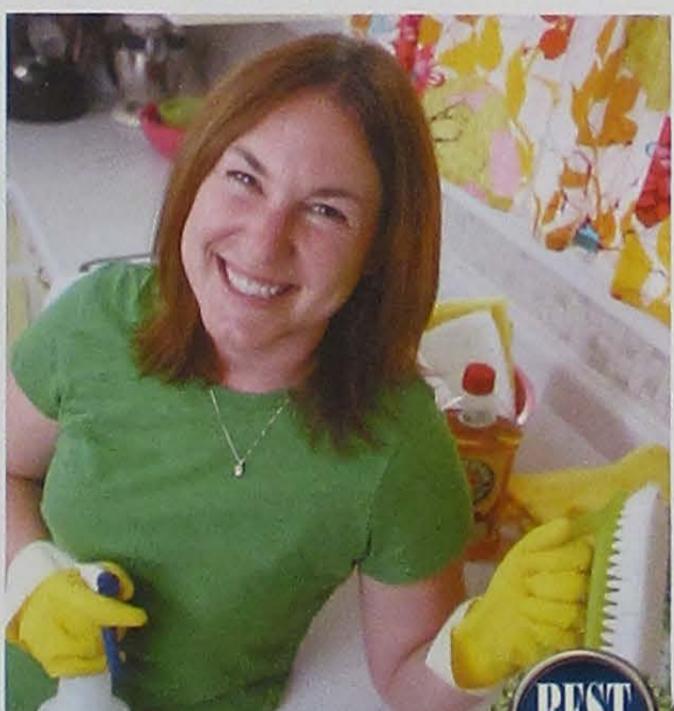
Peggy Best writes about the special relationships three area women cherish with female friends and relatives.

For me, my sisters have always been my best friends. And in addition to my mom, I have a grandma who worries a little too much about me, but has always been there.

Thanksgiving is my favorite holiday because it is simply about being with the people you love. It is one of the few holidays left that has not been perverted by "stuff" you are supposed to buy — not even candy, just turkey and potatoes — and you get a paid day off from work. ♦ Facets

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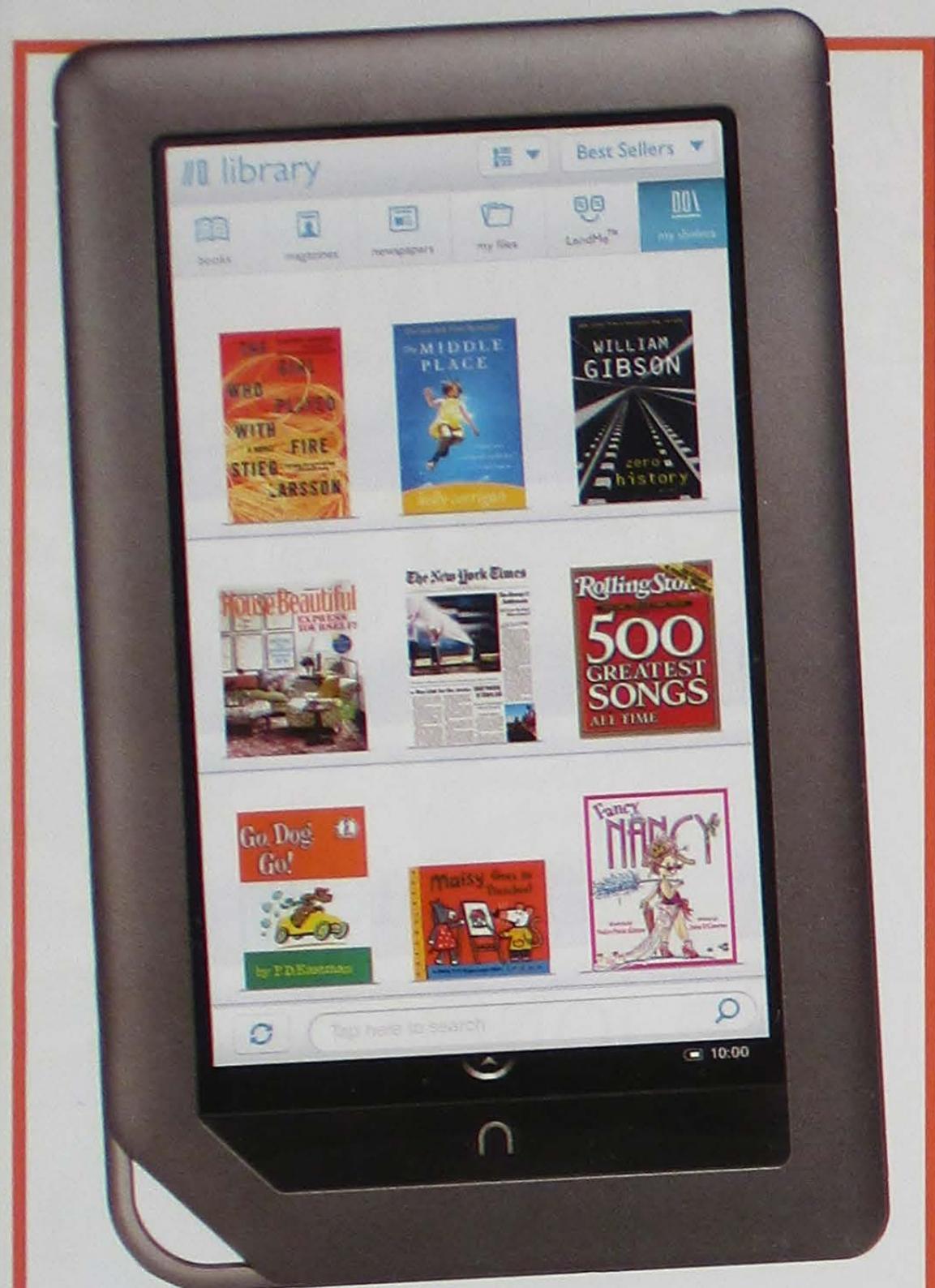
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what we're into | NOVEMBER



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I am really into my Nook Color. I love the way I can have "apps" on it and also access the Internet; plus I can read anytime I want.

— Cindy Doolittle, Story City

AUTHOR ELIN HILDERBRAND

Since reading "The Island," I have been going back for her other titles. Intriguing characters and a Nantucket setting make these books a compelling read. I find myself unable to put them down.

— Karin Chitty, Ames



APPLES

I am into apples right now. They are sooooooo good!

— Cindy Doolittle, Story City

CROCK POT COOKING

With cooler weather, I enjoy firing up the crock pot and coming home after work to a delightful aroma. Dinner's ready!

— Peggy Best, Ames



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Does that tell you a lot about my passtimes lately?

— Debra Atkinson, Ames

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My new favorite hand soap, Kirk's Castile — it's natural and smells wonderful.

— Katherine Kerns, Ames

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— Karin Chitty, Ames



Count your blessings

Write your way to a happier life with a gratitude journal

BY JENNIFER MEYER

There was not a silver lining to the clouds, but Deb Linderblood discovered solace in the brilliant fuchsia rings around the sun at dusk.

Linderblood, 53, of Boone, recorded the vibrant sunset in a daily "Blessings Journal" she started writing 10 days after her husband of nine years, Boysell, 55, died July 4 from complications of leukemia.

"Initially the biggest things that hit me were God's gifts in nature," Linderblood said. "My husband loved the outdoors."

Linderblood, a dietitian at Story County Medical Center in Nevada, said she was overwhelmed with grief and "grasping for anything that would help me" when a friend suggested she start the journal.

Such journals have become increasingly popular in recent years after being featured by Oprah Winfrey.

Continued on page 8

"You end up trying to find things in your life that you're grateful for, and it changes your whole perception."

Jane Larson, social worker at Mary Greeley Medical Center

A color photograph of Deb Linderblood, a woman with short brown hair, wearing a blue and white patterned jacket over a white shirt. She is seated in a wooden chair, looking down at an open notebook with a red cover. The notebook is filled with handwritten text. She is wearing a gold bracelet on her left wrist and a ring on her left hand. The background features a large tree with white blossoms and a building in the distance.

Deb
Linderblood
reads to
herself
from her
gratitude
journal at her
home
in Boone.
By Amy
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'SEASON OF GRATITUDE'

Unity of Ames, a nondenominational church at 226 Ninth St., wants to help the community express its appreciation during its "Season of Gratitude" from Nov. 4 to Nov. 21.

"It only takes about five minutes a day to write a good little card, and I think it impacts you who sends it and those who receive it," Sally Hanna, music director and organizer of the church's Season of Gratitude program, said.

The church is selling packages online for \$10 containing 21 cards and envelopes, a decorative gift bag, and card explaining the program and the suggested daily themes. The program suggests setting aside time each day to write a message of gratitude.

Anyone in the community is welcome to participate.

Hanna said more than 100 people took part last year in the program, which helps "develop a spiritual practice (of gratitude) for the people, the places, the happenings in your life."

"We just feel good about it," Hanna said. "We don't often express our gratitude, so it's a very surprising thing."

Continued from page 6

"On a daily basis, find something you are appreciative of or find something you are grateful for," Michael Losier, a guest on Winfrey's television show, said in January 2008. "Start a journal. You might even want to call it your appreciation journal or gratitude journal and go to it (and write) five minutes a day."

Book retailers sell journals with covers embossed with the word "gratitude" and pages containing inspirational passages. There is even an iPad app for an electronic gratitude journal.

Linderblood, however, writes in a simple notebook each night before bed.

"I have filled a lot of pages," Linderblood said. "There's still a lot of really great things in my life."

Jane Larson, a social worker in the adult behavioral analysis unit at Mary Greeley Medical Center in Ames, said she was recommending gratitude journals to patients before they became popular.

"It's one of my favorite assignments to give," she said.

Larson asks patients to write down

five things for which they are grateful each day. The first couple of days are easy, she said, but the following weeks are more thought provoking.

"You end up trying to find things in your life that you're grateful for, and it changes your whole perception," she said.

Larson's advice for starting to write a gratitude journal is simple.

"Just begin to write from the heart and not worry about how it sounds or how it's spelled," she said.

Linderblood said she set similar guidelines for herself.

"I knew I had to keep it simple," she said. "I don't worry about how it looks. I just write it down."

Larson said even traditional journaling is beneficial because it is an outlet for feelings, and writing about them makes them more real.

With traditional journaling, however, "you may even be documenting bad things that happen," Larson said.

She suggests ending a traditional journal entry with a gratitude list to keep focused on the positive.

"It's something to review when you're having a bad day," Larson said. "It's a reminder that life is good." ♦

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Who are you thankful for?

Three women share why they
are grateful for other women

BY PEGGY BEST

Roxanne Clemons did not hesitate when her friend Regina Hendrickson called on a Sunday a few months ago crying and needing to see her dying sister in the hospital.

"She dropped everything she was doing that Sunday," said Hendrickson, 55, of Stanhope, who was overwhelmed with work. "She convinced me to send her the files, and worked hours helping me finish (my work) so I could go visit my sister."

It was the last time Hendrickson had a conversation with her sister. She cherishes that day and the friend who sacrificed for her.

Women are excited to talk about the special women in their lives for whom they are thankful.

Hendrickson said Clemens, of Ogden, has been there for her over the years through thick and thin. They have been friends since working together for more than 25 years at Iowa State University.

"Roxie is the only person I can call up and ask if she wants to go to Mexico this weekend, or tell her air fares are pretty low to London right now, and within an hour we have our plane tickets purchased," Hendrickson said.

Their adventures over the years include driving through corn fields and back roads during harvest time in northern Iowa to dodging lorries from the wrong side of the road in County Clare, Ireland.

"Without question she is the first person I call if I am in the mood for an adventure or if I am afraid or down," Hendrickson said. "I trust her judgment implicitly in all things. She has my back and has always been there for me, and that is a very rare thing."

Hendrickson said the best thing about her friend, however, is "she makes me laugh. I mean REALLY laugh hard and long. And that is worth everything. ... What more could you ask for in a friend?"

Denise Vrchota, 63, of Ames, met her

friend Linda Rakita when they were both in seventh grade.

More than 50 years later, Vrchota said she and Rakita, who lives in Florida, know what the other is going to say, and then they laugh because that's exactly what the other was thinking.

"I'm thankful for her for all of these reasons, but also because when I talk to her, I just feel better," Vrchota said.

She said Rakita has a perceptive ability to see qualities in people that helps her to explain and sometimes forgive, and tends to be a very positive and optimistic person no matter the circumstances.

Rakita and Vrchota get together as often as possible. When they do, they spend most of their time talking.

"There was the time we visited while smoking cigars in the hot tub," Vrchota said, laughing.

Rebecca Dubberke, 20, an Iowa State University student living in Ames, said she is thankful for the laughter she shares with her mother, Jean Dubberke, 48, of Nevada.

The mother and daughter got along well through Rebecca's high school years because they shared a sense of humor, she said.

Now, "When I'm stressed out, she listens to what I have to say and makes me feel better," she said. "She is always really supportive of me and encourages me to think for myself and make my own decisions."

Moving away to college was a big step for Rebecca and her mom.

"My mom has gotten a lot better at texting since I've left home," Rebecca said.

During weekend visits during the semester, Rebecca and her mom relax and catch up on some of their favorite TV shows. They enjoy visiting about what is going on in each other's lives and venting to each other.

They also enjoy baking together.

"Ever since I was a kid, I have liked to watch mom bake cookies and cupcakes," Rebecca said. "I still look forward to helping her bake Christmas cookies." ♦ Facets



Contributed photo

Roxanne Clemons and Regina Hendrickson enjoy traveling together.

"Without question she is the first person I call if I am in the mood for an adventure or if I am afraid or down. I trust her judgment implicitly in all things. She has my back and has always been there for me, and that is a very rare thing."

— Regina Hendrickson, 55, of Stanhope, on her friend Roxanne Clemons

"When I'm stressed out, she listens to what I have to say and makes me feel better. She is always really supportive of me and encourages me to think for myself."



— Rebecca Dubberke, 20, of Ames, on her mother, Jean Dubberke



Contributed photo
Denise Vrchota and Linda Rakita enjoying time together at St. Armand's Circle.

"I'm thankful for her ... because when I talk to her, I just feel better."

— Denise Vrchota, 63, of Ames, on her friend Linda Rakita

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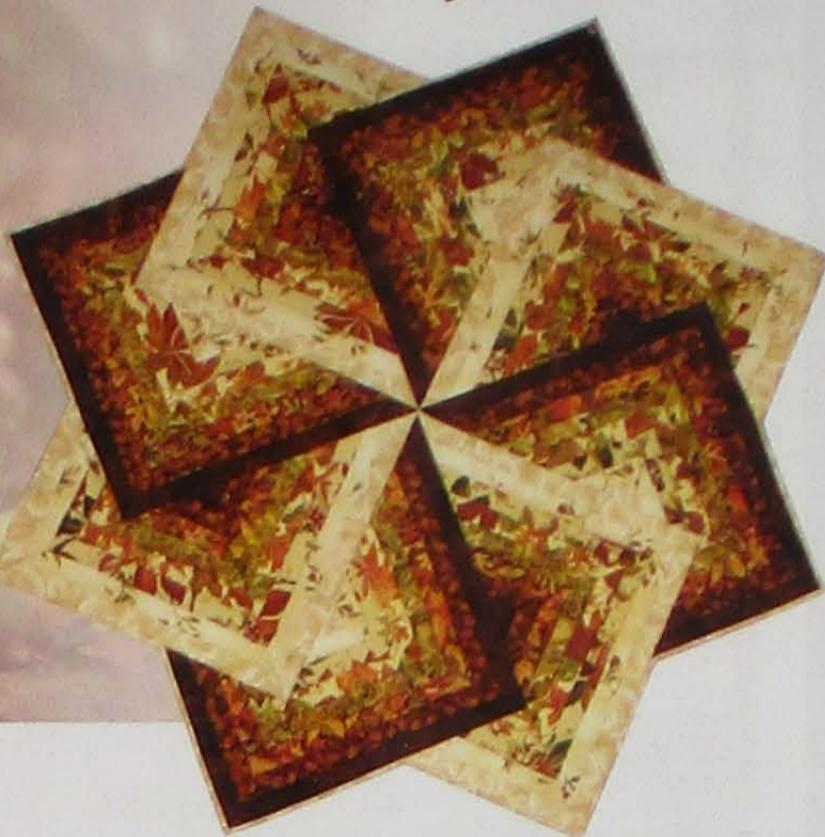
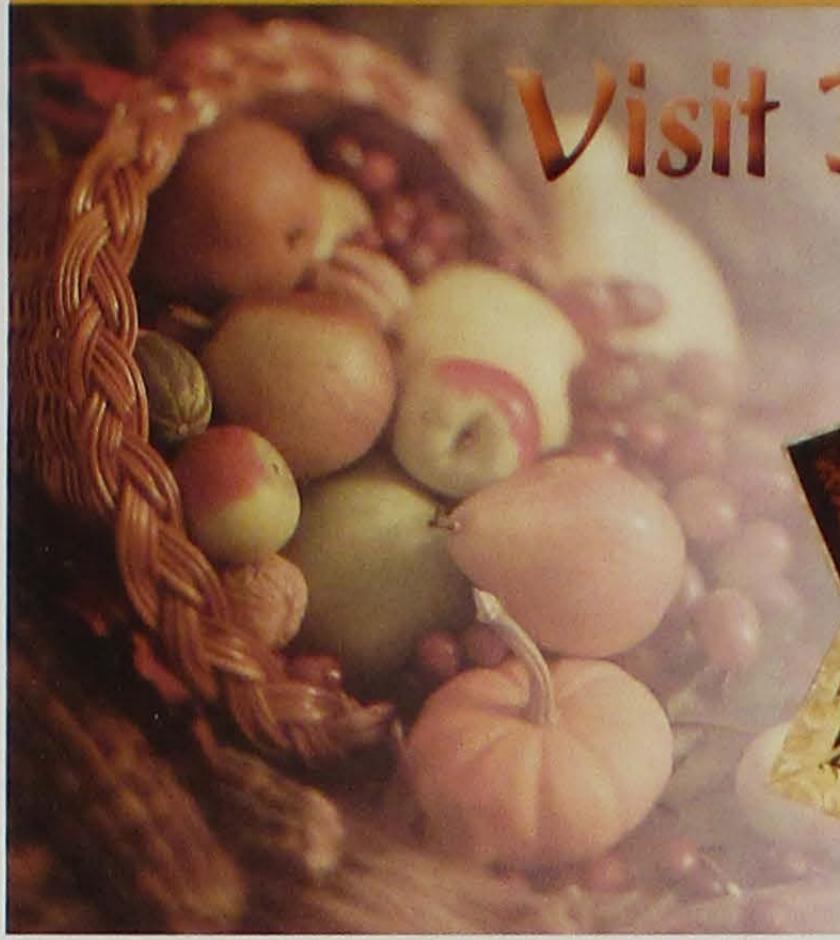
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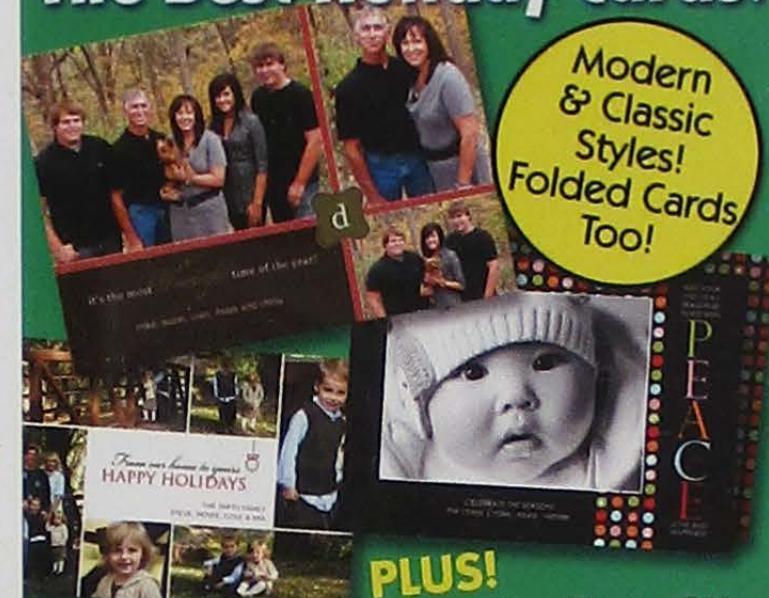


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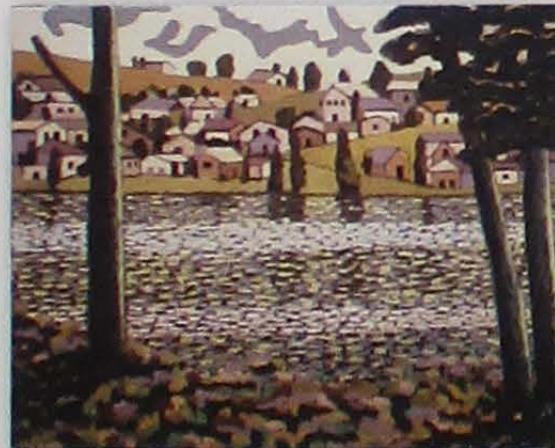
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Give yourself something to smile about

Ninety percent of North Americans wish their teeth were whiter, according to a recent poll. With all the options for whitening out there, people can make that wish come true.

Why not treat yourself to a brighter, more beautiful smile?

Like one baby boomer I know commented, "Having a beautiful, white smile makes me feel younger and happier."

Many people are whitening their smile, and it is an easy change to make.

A beautiful smile is an important attribute. Your smile says more about you than any other physical feature. It is usually the first thing about you people notice.

Getting your teeth whitened will boost your self-confidence and make you feel good about your appearance. Looking good and feeling healthy is such an advantage as you build relationships and work on your goals.

You can have a fabulous smile with minimal discomfort and expense, and it will last if you take care of it. Just investigate your options and select the one that's right for you.

So, what is available?

You will want to start by consulting with your dentist, who will make sure you are a good candidate and tell you if your gums and teeth are healthy enough to support whitening. Your dentist can recommend the best whitening system for you.

Many factors contribute to stained teeth, including coffee, tea, soda and red wine. Smoking and poor hygiene may also create serious staining and discoloration.

Occasionally, antibiotics can cause internal reactions that create stains that do not respond to whitening. Someone with this type of problem could be a candidate for veneers.

There are three basic approaches to whitening available:

OVER-THE-COUNTER PRODUCTS

You may have tried whitening toothpastes, gums or strips. These may offer temporary results, but usually leave people wanting more. These products do not contain prescription levels of bleaching compounds and are not designed to get into the tighter spaces between teeth.

Sometimes the strips irritate soft tissue if not used carefully.

These strips may work fine for minor stains, upkeep after custom whitening, or with younger mouths.

CUSTOM TRAYS

Your dentist can make custom trays you can wear safely over your teeth during the bleaching process. It also does a better job of protecting soft tissue and the gum line. The ingredients in the trays will bleach discolored areas of the teeth, but will not damage or change the structure of the teeth.

The trays can be worn for two hours during the day, or even worn to bed. This process is safe and effective, but takes a week to 10 days of treatments to reach optimal whiteness. This slow change process does, however, allow the patient to control the degree of whitening desired.

Once the process is complete, trays can be stored and used later. This customized approach, with quality supplies and support provided by a dentist, offers sustained whitening power in the comfort of your own home.

IN-OFFICE WHITENING

The most effective whitening option is the in-office approach. This one-hour procedure provides brighter, whiter teeth in a safe, supervised setting. Most patients enjoy a relaxing and comfortable experience. The process is more expensive, but it lasts longer and is safest for gums and teeth.

Along with the treatment, patients receive aftercare products that enhance and maintain a healthy, long-lasting white smile. Some patients opt for the ultimate combination: an initial in-office whitening followed by at-home trays to maintain that healthy white smile.

Perhaps you believe whitening is too expensive, inconvenient and uncomfortable. Not true. Whitening your smile is an easy and affordable way to enhance your appearance.

Go ahead, give yourself something to smile about. ♦ Facets

Amie Rockow-Nelson, DDS, dreamed of setting up a dental practice in Ames, home of her beloved Cyclones. She received degrees from Iowa State University and Creighton Dental School before realizing her dream in 2001 by opening her own practice, Ames Center for Cosmetic and Family Dentistry.

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Give thanks with greater grains

Serve up nutrition this holiday season with these festive recipes

It is again the time of year when we gear up for holiday gatherings. Whether it is with family, friends or co-workers, there is one must-have for holiday parties: food. Instead of choosing those frequently used starchy sides of potatoes, rice and pasta this season, introduce greater grains that are packed full of nutrition.



AMY CLARK

RED OR BLACK QUINOA

Red or black quinoa (keen-wah) is an ancient "grain," native to Central America. This tiny seed can be found in a variety of colors: red, black and, most commonly, white. The seeds are similar in size to millet and come from the goosefoot plant, a relative of leafy green vegetables such as spinach and Swiss chard.

This tiny seed is a powerhouse when it comes to nutrition, providing iron and calcium, in addition to 3 grams of fiber per serving. It is high in protein (12 percent of the daily value per serving), an unusual occurrence among plant foods.

While most boxed quinoa has been pre-rinsed for convenience, it is still a good idea to wash the seeds and remove any remaining saponins, a natural bitter covering.

Try a red quinoa and edamame side dish this holiday season to add festive red and green colors to the food at your family gatherings.

KAÑIWA

Kañiwa, (ka-nyi-wa), is a gluten-free super grain originally cultivated thousands of years ago in the high Peruvian Andes of South America. Each kañiwa grain is one-third the size of its cousin grain, quinoa, and contains slightly more protein per serving

RED QUINOA AND EDAMAME SALAD

Serves 6

1 cup uncooked red quinoa, rinsed
2 cups fat-free, low-sodium vegetable broth
1/2 cup drained canned roasted red peppers, chopped
2 Roma tomatoes, seeded and chopped
1 small zucchini, halved lengthwise and sliced
1 cup frozen edamame, thawed
Zest of 1 large lemon cut in slivers
3 tablespoons lemon juice
2 tablespoons olive oil
1/4 cup fresh flat leaf parsley, chopped

DIRECTIONS

Toast uncooked quinoa in a medium skillet for 5 minutes. Transfer quinoa to a large pot, add vegetable broth and bring to a boil. Cover, reduce heat, and cook for 15 minutes or until the water is absorbed and the quinoa is fluffy. Remove from heat and empty into a serving bowl. Add chopped peppers, tomato, sliced zucchini and thawed edamame. Stir well. Whisk lemon zest, lemon juice and olive oil together and pour over quinoa mixture. Toss well. Sprinkle with parsley.

Nutrition facts per serving: 208 calories, 8 grams fat, 1 gram saturated fat, 0 mg cholesterol, 231 mg sodium, 26 grams carbohydrate, 4 grams fiber, 8 grams protein.

FREEKEH STUFFING

**1 cup uncooked cracked freekeh, soaked overnight in 1 cup of cold water
1/2 cup fresh (or 1/4 cup dried) herbs (a mixture of mint, thyme, chives and basil)
1/2 cup dried apricots, finely chopped
1 large Granny Smith apple, peeled, cored and grated
1 medium onion, finely chopped
Coarsely ground black pepper and salt to taste
2 eggs**

DIRECTIONS

Drain and squeeze the water from the freekeh. Mix all other ingredients (except eggs) and freekeh together. Crack eggs into a bowl and gently whip until yolks and whites are completely blended; add egg to freekeh mixture and stir in thoroughly. Stuff the bird or meat several hours before cooking to allow the flavors from the stuffing to blend into the meat. This recipe will stuff one small-to-medium turkey or large chicken.

Source: Greenwheat Freekeh

than quinoa. It serves as a complete protein, containing all the essential amino acids in correct proportion, which makes it an excellent choice for a vegetarian diet.

Kañiwa is also a good source of fiber, calcium, zinc and iron. It has a wonderfully crunchy texture and a satisfying nutty flavor that works well as a base for fish, in stir-fries and soups, and even served cold in salads.

Unlike quinoa, you do not have to rinse kañiwa because it does not contain saponins.

FORBIDDEN RICE

Forbidden rice, or black rice, received its name because it was said that only emperors of China could consume it. Now many people across the world can enjoy this tasty and nutritious grain. This medium-size heirloom rice is valued for its roasted nutty taste, soft texture and beautiful deep purple color when cooked.

Similar to brown rice, black rice is full of antioxidant-rich bran, but is the only rice to contain a particular antioxidant, anthocyanin, which explains the deep purple color upon cooking. This same antioxidant is found in blueberries, acai berries and grapes. To get a better understanding of its antioxidant content, a new study from the American Chemical Society in Boston showed that 10 spoonfuls of cooked black rice contains the same amount of antioxidants as a spoonful of fresh blueberries.

Use forbidden rice in place of white or brown rice in your next stir-fry.

FREEKEH

Freekeh, a roasted green grain made from green wheat, has been around for nearly 2,000 years and originated in the eastern Mediterranean region. It is picked before it is fully mature, poached, roasted, smoked and dried using Australian technology.

It has up to four times the fiber of brown rice and is a rich source of protein, calcium, iron, potassium and zinc. Freekeh also acts as a prebiotic, fueling the growth of good bacteria in our digestive tract.

Enjoy this nutty, smoky-flavored grain in place of rice or couscous. Try freekeh at breakfast instead of oats; simply add your favorite fruit and enjoy. Adding cranberries would be perfect for the holidays.

For those individuals on a gluten-free diet, enjoy the quinoa, kañiwa and forbidden rice. Freekeh is not gluten-free.

The unique names of these grains, alone, are alluring. Captivate your family, friends and co-workers by including one of these grains at your next meal and gain the nutrition benefits these grains offer. ♦ Facets

Amy Clark is certified in adult weight management. Her goal at Hy-Vee is to increase awareness in the community of the impact nutrition can have on well-being. Reach her via email at 1013Dietitian@hy-vee.com.

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Use your money to achieve balance

Waiting in line, enjoying lunch in a crowded restaurant or sitting on the bleachers to cheer on my grandkids, the people I hear talking around me wear a hectic life like a badge of honor.

At the end of the day, however, a hectic and out-of-balance life is just plain emotionally, physically and mentally exhausting.

There are many dimensions of balance. Nutritionists tell us we should eat a balanced diet. We balance our checkbook; some of us to the penny. Analysts talk about world trade balance. A much smaller, but still important number is your credit card balance. There are New Balance shoes. And sometimes we get thrown off balance.

A Web search for balance gave me the following definition: A harmonious or satisfying arrangement or proportion of parts or elements, as in a design.

I like the idea of my life being a harmonious design. Of course, that means I must purposely design that life. Choices need to be made about how to use time, money and energy to create that harmonious life.

Another way to think about balance is balancing on one foot. This is when the focus is on one part of life. That balancing act may be necessary for short periods of time, but sometimes people feel noble in that unbalanced position. For some, work is the focus of their time; they spend hours at work, they are indispensable, and no one else can take their place.

If your time and energy are constantly in precarious unbalance, it may be because you have not determined what is really important to you.

Think about the 168 hours we are given each week. If you have a job outside your home, you probably spend 100 hours a week between commuting, working and sleeping. You could be spending nearly 60 percent of your time working and sleeping.

In his book, "What Happy People Know," Dan Baker wrote, "People are happiest when they make their own choices."

At the top of the list of what makes us happy are autonomy, confidence, compe-



**KAREN
PETERSEN**



By Digital Vision

tence and self-esteem. Money is 10th on the list.

What do you choose? Think back to yesterday, last week, last month and last year. How did you spend your time? What people were in your life? Where did you go? What gave you joy? What do you want more of in your life? This information will help you decide how you want to allocate your money, time and energy.

Determine how you spend your 168 hours each week. This will tell you how you currently spend your time and energy.

You might wonder why I am focusing on time, happiness and people. What does it have to do with money? It has everything to do with choosing how you spend your money. Money is the means to realize our goals in life. Money is not the goal. Money is just what we use to live a rich life.

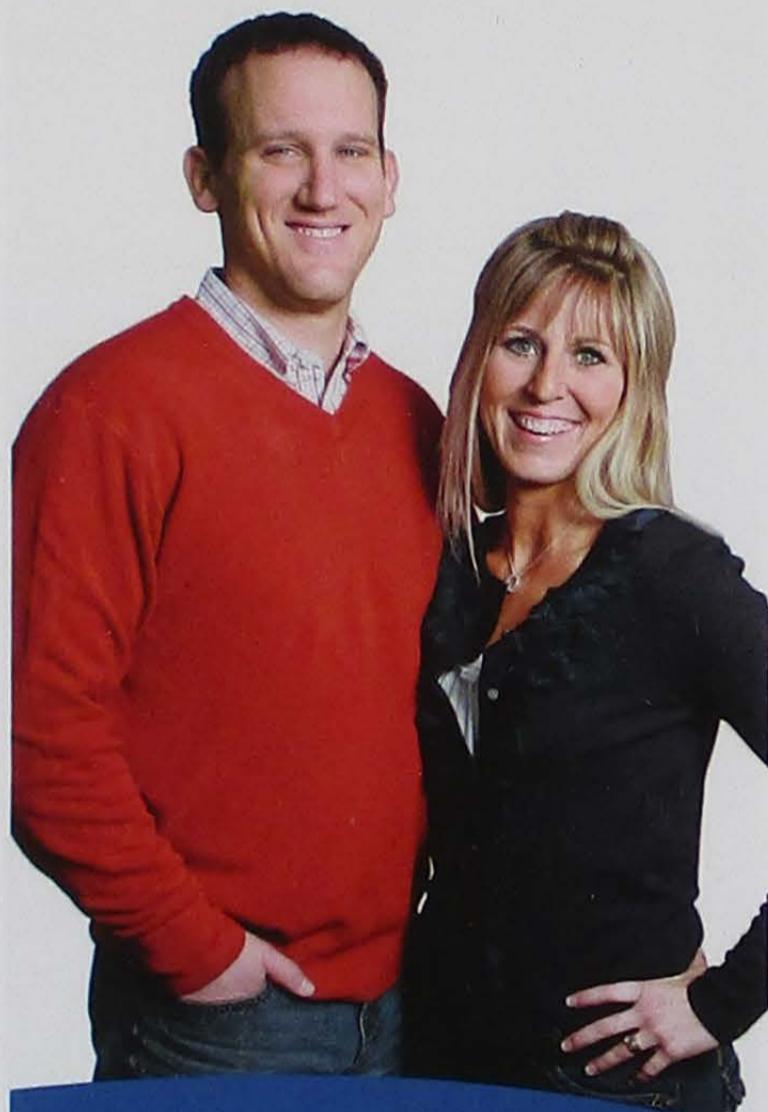
Remember to be thankful that you can choose a balance.

Live a rich life, because life is more than money. ♦ Facets

Karen L Petersen CFP® CDFA™ is a fee-based financial advisor. She graduated from Iowa State University in family resource management. You can contact her at (515) 232-2785 or karen@mymorethanmoney.net.

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The Tree of Love is a symbol of remembrance and is sponsored by Mary Greeley Medical Center's HOMEWARD Hospice. By purchasing a beautiful limited edition ornament for the Tree of Love, you have an opportunity to remember a loved one or honor a special family member or friend.

Each ornament is \$20. The ornaments with the names of the remembered persons will be displayed on the Tree of Love in the lobby of the medical center through the holiday season. The memorial service for the Tree of Love on Sunday, Nov. 13 at 2 p.m. begins with a time of remembrance followed by decorating of the tree. Ornaments not picked up by January 5, 2012, will be mailed.

Call HOMEWARD Hospice at 515-956-6000 if you have questions.

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Ornaments will be mailed to the purchaser unless you instruct us otherwise

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Politically correct exercise

The 2012 presidential election is just one year away, but campaigning is already under way in Iowa. You may belong to one party or another, but what is your fitness affiliation?

You may be a conservative or a liberal. You may be a staunch cardio queen or a liberal gym junkie flitting from cardio classes to the weight room.

If you are very conservative, your habit of doing the same routine the same time of day year after year does not bring about big changes, but it gets done.

If you are more liberal in your activities, you may fit physical activity into your day wherever it works. You are likely to take advantage of a sunny day and head for a long walk around Ada Hayden Lake, hit an early morning cardio-strength training class before a meeting the next day, and look forward to a winter break ski trip that puts physical activity into your vacation.

The time has come to debate the conservative and liberal approaches and bring in a new era of fitness policy.

PRESIDENT OF YOU

First, realize that you are your own commander in chief. The leadership you follow should never replace your own good judgment.

You may think some of the fitness-speak that comes from your personal trainer or group fitness instructor is foreign policy to you. Find someone who can interpret, and choose the path that makes sense for you.

THE PROS AND CONS

The conservative approach follows the 80/20 rule. It is safe, and if it is true, as many fitness professionals will tell you, consistency is the biggest key to success. So why not stay the course? You, your body and your life are not staying consistent. Your muscle and bone mass are declining as you age. If you don't make changes as you age, the same old exercises just are not going to work.

The liberal approach provides a variety of muscle challenges and cardio work, as well as flexibility-enhancing activities. Yet, you may not be seeing all the results



DEBRA ATKINSON

you want because you are guilty of one or two things. Your skeleton in the closet may be that you don't take time off. You do something every day but do not plan down time and rest enough in between your activities to allow recovery that leads to improvement and better fitness. A second fault of a liberal approach is that doing more of an activity does not make up for a lack of intensity. This is not to say every workout has to be intense, just that every big picture has to intentionally have more intensity and less intensity planned in order to get results and see change.

THE FINAL VOTE

If you are choosing not to move, you are choosing to be vulnerable to disease and illness, and to be less than your best. Rather than jump into an exercise routine that is working for someone else, or that seems sound in terms of fitness advice, you first need to address what is going on with your body.

If you have muscle imbalances, areas that are weaker and stronger than they should optimally be, it will be hard for you to lose the weight, tone the areas you want, and feel the energy you deserve. It will take time and effort, but if you set the right foundation and get the right running mates, you will get there.

HEALTH REFORM

Insure yourself by becoming physically active, eating right, improving your quality of sleep and decreasing your stress levels. You will have some out-of-pocket expenses, but you will enjoy the benefits of good health and potentially decrease your costs for prescriptions and medical procedures.

YOUR ACCEPTANCE SPEECH

Acknowledge that change is inevitable. Acknowledge that you want to continue getting better, rather than standing still or sliding backward.

Veto any negative thoughts and get on with it. ♦ Facets

Debra Atkinson, M.S., C.S.C.S., graduated from Iowa State University, where she has also taught in the department of kinesiology for 12 years. She has been a fitness professional, writing, speaking and practicing for 25 years.

Reach her via email at PTDirector@amesracfit.com.

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faceted woman | SONYA STOLTZE NEWSTROM

Name: Sonya Stoltze Newstrom

Age: 30

Family: Husband, Ryan, and daughter, Amelie

Position: Dentist. I work with my father, who has been practicing in Ames for more than 34 years, and an amazing staff of seven. At Stoltze & Stoltze Family Dentistry, we see patients of all ages and offer complete care.

What is your favorite meal?

My favorite meal is New Year's Eve dinner. Every year, my husband prepares a seven-course gourmet meal. The menu is completely different year to year and always absolutely amazing. I am such a fan of good food; I feel blessed to have married someone who is so talented at creating it.

What makes you happy?

At work: Making someone feel more inclined to use their smile. For someone to go from always smiling with their lips closed or their hand over their mouth to the freedom of feeling confident in the appearance of their teeth enough to smile without inhibition is an amazing feeling.

It also makes me happy when I have a patient who comes to me (child or adult), and they are nervous or scared or both, and with conversation, explanation and gentle care, they are able to relax — even if it is just a little bit. When these patients return and are able to be progressively more at ease after each appointment, to the point they don't fret when it is time to come to visit me, that is very rewarding.

At home: When my daughter smiles, or giggles, or gets



Photo courtesy of Sonya Stoltze Newstrom

excited. Watching your child experience life is an amazing gift.

Favorite wardrobe staple:

My favorite wardrobe staples are my scarves. They are so versatile and functional. They can make an outfit more classy, dressy, colorful and warm.

Favorite motto:

Whether you think you can, or you cannot, you are right.

Your simplest pleasure:

My simplest pleasure is excessive half and half in my coffee.

How do you give back to your community?

I have been active on the Main Street Cultural District board for four years now, serving as at-large representative, vice president and president; I am currently the past president. This organization strives to improve the quality of the heart of

our community: our downtown. I also have worked with my husband the last two years to organize the All American BBQ Bash, a professional Kansas City Barbecue Society-declared State Championship barbecue contest. This has brought together two of my favorite things: barbecue and downtown Ames! It has also been an opportunity for us to share with Ames the world of competitive barbecue, which is one of the fastest growing sports in the country.

What makes you laugh?

Sarcasm. It gets me every time.

Best tip to look and feel great?

You're never fully dressed without a smile. I believe that if you wear a smile and have a glint of confidence in your eye, it carries you looking great and feeling great through any situation.

How do you reward yourself?

For the big things, I will reward myself with a new pair of shoes or a lovely handbag. For the little things, I reward myself with a black bean burger with carrots and an iced green tea from Cafe Diem on Main Street in Ames.

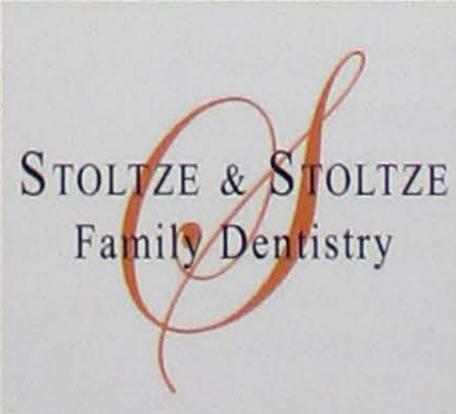
What would you do with \$1,000 to spend on yourself?

There are so many things that I would do with that sum of money for my family. For instance, put it into my daughter's college fund. But if I had to spend it on myself, I would get a massage, or two, and then visit my sister who lives in New York, dine at an amazing restaurant and then go shopping. ♦ Facets

Stoltze & Stoltze give thanks
for their outstanding
staff and patients!

DANIEL M. STOLTZE, DDS
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No matter what your situation is Ames Contracting Team can help...

Nevada's Anytime Fitness facility wanted to make sure it put its best face forward for its five-year anniversary. This top-ranked fitness franchise is dedicated to providing its members with a convenient, affordable and quality exercise facility and, because of its recent expansion and remodel, will be able to offer members of the Nevada community a better workout experience with renovated spaces.

Roger, owner of the newly-remodeled Anytime Fitness, reached out to several contractors and finally settled on Ames Contracting Team after a thorough investigation.

"From some horror stories I'd heard about contractors, I must admit, I was a bit wary at first," said Roger. "It was my first time using a contractor and so I made sure to do my research and check out several options. I couldn't have been happier with my selection of Ames Contracting Team."

The scope of the project included renovating their current space, as well as expanding into the building next door.

"I'm a pretty thrifty guy," said Roger. "However, it wasn't just the reasonable bid I was given by Ames Contracting Team, it was their teamwork and personality that sold me. They've got a great group there."

Because Anytime Fitness is a franchise, their corporate headquarters gave the plans to the team and they [Ames Contracting

Team] took off. The entire process took roughly three weeks to complete, and only two of those days were closed for Anytime Fitness members.

While the exterior of the building remained the same, the project renovated almost all internal areas of the gym including carpeting throughout, where rubber floors were not needed, and moving the office from the back of the building to the front.

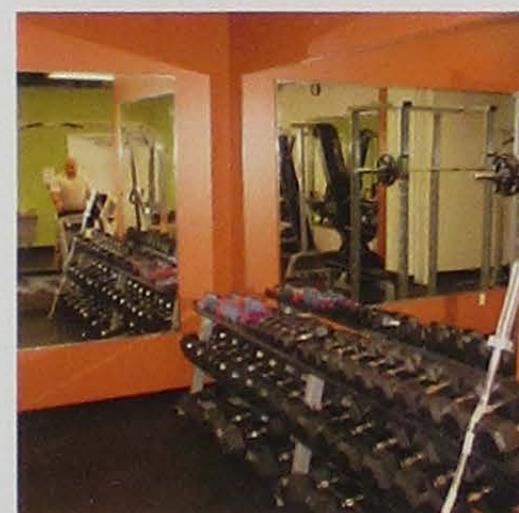
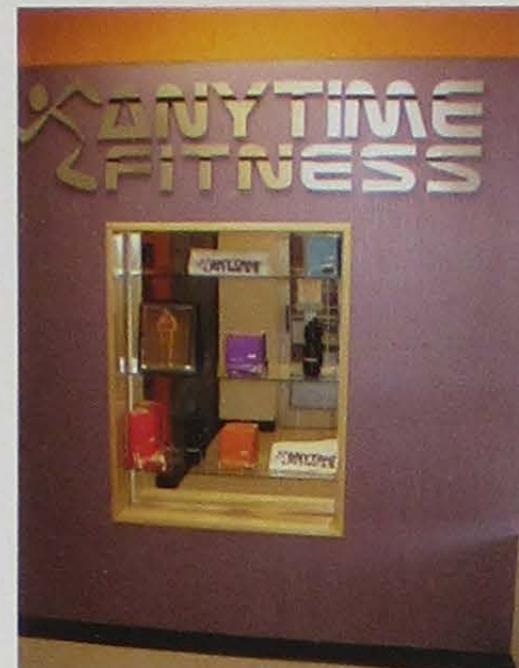
"Some of the most prominent new displays are three large walls in the facility," said Roger. "The first wall, the "inspiration" wall, is made with chalkboard paint and is a place where our members can write motivational messages or goals for others to see. The other two are the "logo" and "graphics" walls, where we have our logo used throughout. Something unique about our logo walls is the glass shelves and mirrors we use to highlight our name and products."

Oren, of Ames Contracting Team, led the project management and made sure to always keep Roger in the loop. Whether they were changing the lighting, painting, or redirecting vent work, Roger always felt comfortable knowing Oren was in charge.

"I'd definitely use Ames Contracting Team again," said Roger. "In fact, I recommend people looking for contractors to really utilize the full-service group that Ames Contracting Team provides. I was so pleased to see the great

effort they put into taking care of keeping everything clean, dusted and together."

"Overall, it was a great experience," said Roger.



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